

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA POLITEKNIK
KESEHATAN RIAU
PROGRAM STUDI SARJANA TERAPAN KEBIDANAN**

SKRIPSI, 17 JUNI 2026 FANESHA AULIA ZAMSISKY

**PENGARUH KOMBINASI TEKNIK REBOZO DAN
EFFLEURAGE MASSAGE TERHADAP NYERI PUNGGUNG IBU HAMIL
TRIMESTER III DI PMB SESPIKA ZUIREN**

**DAN PMB FATMAWATI
xiv + 110 Halaman, 3 Tabel, 6 Gambar, 13 Lampiran**

ABSTRAK

Nyeri punggung merupakan salah satu keluhan yang paling sering dialami ibu hamil trimester III akibat perubahan fisiologis selama kehamilan yang dapat mengganggu aktivitas dan kualitas hidup. Salah satu upaya nonfarmakologis yang dapat dilakukan untuk mengurangi keluhan tersebut adalah kombinasi teknik Rebozo dan *Effleurage Massage*. Penelitian ini bertujuan untuk mengetahui pengaruh kombinasi teknik Rebozo dan *Effleurage Massage* terhadap nyeri punggung pada ibu hamil trimester III di PMB Sespika ZuiREN dan PMB Fatmawati dengan rentang waktu bulan Mei s/d Juni 2026. Jenis penelitian ini *Quasy Eksperiment* menggunakan dengan pendekatan one group pretest-posttest. Sampel penelitian berjumlah 20 ibu hamil trimester III yang dipilih menggunakan teknik purposive sampling. Intensitas nyeri diukur menggunakan Numeric Rating Scale (NRS) sebelum dan sesudah pemberian intervensi. Data dianalisis menggunakan Uji *Wilcoxon Signed Rank Test*. Hasil penelitian menunjukkan bahwa rata-rata skala nyeri punggung sebelum intervensi sebesar 4,90 (SD = 0,968), kemudian menurun menjadi 1,60 (SD = 0,883) setelah pemberian kombinasi teknik Rebozo dan *Effleurage Massage*. Hasil uji Wilcoxon menunjukkan nilai $Z = -3,983$ dengan $p\text{-value} = 0,001$ ($p < 0,05$), sehingga terdapat pengaruh yang signifikan terhadap penurunan nyeri punggung pada ibu hamil trimester III. Kombinasi teknik Rebozo dan *Effleurage Massage* terbukti efektif sebagai intervensi nonfarmakologis yang aman, mudah diterapkan, dan dapat direkomendasikan sebagai bagian dari pelayanan antenatal untuk membantu mengurangi nyeri punggung pada ibu hamil trimester III.

**Kata Kunci : Nyeri punggung, Ibu hamil trimester III, Teknik Rebozo,
Effleurage Massage, Terapi nonfarmakologis**

Referensi : 33 Referensi (2011-2025)

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THESIS, JUNE 17, 2026 FANESHA AULIA ZAMSISKY

**THE EFFECT OF A COMBINATION OF REBOZO AND EFFLEURAGE
MASSAGE ON BACK PAIN
IN THIRD-TRIMESTER PREGNANT WOMEN AT
THE PMB SESPIKA ZUIREN AND PMB FATMAWATI
xiv + 110 Pages, 3 Tables, 6 Figures, 13 Appendices**

ABSTRACT

Back pain is one of the most common complaints experienced by third-trimester pregnant women due to physiological changes during pregnancy that can interfere with daily activities and quality of life. One nonpharmacological approach that can be used to alleviate this complaint is the combination of the Rebozo and Effleurage Massage techniques. This study aimed to determine the effect of a combination of the Rebozo and Effleurage Massage techniques on back pain in third-trimester pregnant women at PMB Sespika Zuiren and PMB Fatmawati, from May to June 2026. This was a quasi-experimental study using a one-group pretest-posttest design. The study sample consisted of 20 third-trimester pregnant women selected using purposive sampling. Pain intensity was measured using the Numeric Rating Scale (NRS) before and after the intervention. Data were analyzed using the Wilcoxon Signed-Rank Test. The results of the study showed that the average back pain score before the intervention was 4.90 (SD = 0.968), which then decreased to 1.60 (SD = 0.883) after the administration of a combination of the Rebozo technique and Effleurage Massage. The Wilcoxon test results showed a Z-value of -3.983 with a p-value of 0.001 ($p < 0.05$), indicating a significant effect on reducing back pain in third-trimester pregnant women. The combination of the Rebozo and Effleurage Massage techniques proved to be an effective, safe, and easy-to-administer nonpharmacological intervention and can be recommended as part of antenatal care to help reduce back pain in third-trimester pregnant women.

Keywords : Back pain, Third-trimester pregnant women, Rebozo technique, Effleurage massage, Nonpharmacological therapy
References : 33 References (2011–2025)